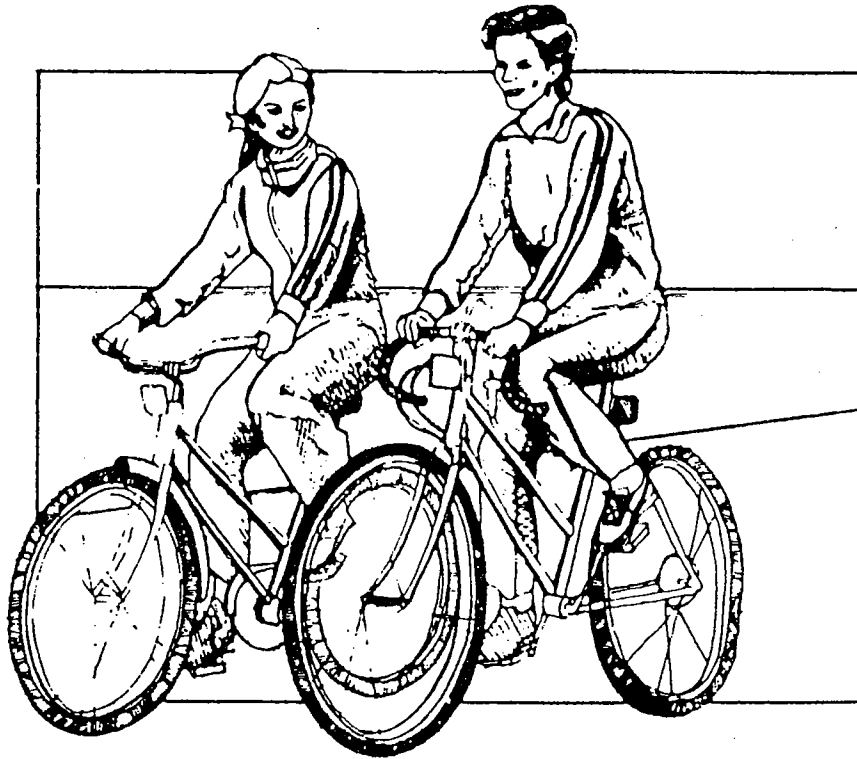


NAME \_\_\_\_\_

# FLORIDA 4 - H BICYCLE RECORD BOOK



# FLORIDA 4-H BICYCLE RECORD 19 \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

COUNTY \_\_\_\_\_ DATE \_\_\_\_\_

NAME OF CLUB NAME OF ADULT LEADER \_\_\_\_\_

ADDRESS \_\_\_\_\_

THIS IS MY \_\_\_\_\_ YEAR IN 4-H CLUB WORK

STYLE OF BICYCLE: HI-RISER \_\_\_\_\_ MIDDLEWEIGHT \_\_\_\_\_

LIGHTWEIGHT RACING BIKE \_\_\_\_\_

LIST SPECIAL EQUIPMENT AS HORN OR BELL, LIGHTS, GEARS, BRAKES, ETC.

\_\_\_\_\_

CHECK (X) PRACTICES LISTED WHICH YOU CARRIED OUT IN THIS PROJECT (GIVE NUMBER OF TIMES ON THE LINE BEFORE THE NUMBERS)

( ) \_\_\_\_\_ ADJUSTED HANDLE BARS AND KEPT STEM WELL DOWN IN FORK

( ) \_\_\_\_\_ ADJUSTED SADDLE SEAT

( ) \_\_\_\_\_ ADJUSTED BRAKES

( ) \_\_\_\_\_ TIGHTENED WHEEL SPOKES AND REPLACED BROKEN ONES OR  
HAD A SERVICE PERFORM THIS SERVICE

( ) \_\_\_\_\_ INSPECTED TIRE VALVES FOR LEAKS AND STRAIGHTNESS

( ) \_\_\_\_\_ CLEANED AND LUBRICATED CHAIN WITH LIGHT OIL

( ) \_\_\_\_\_ REPLACED WORN HANDLE GRIPS

( ) \_\_\_\_\_ TIGHTENED PEDAL SPINDLES

( ) \_\_\_\_\_ REPLACED WORN OUT PEDALS

( ) \_\_\_\_\_ CHECKED TIRE PRESSURE AND KEPT TIRES INFLATED TO  
CORRECT PRESSURE

( ) \_\_\_\_\_ CHECKED LIGHTS TO BE SURE VISIBLE FOR 500 FEET

( ) \_\_\_\_\_ CHECKED HORN TO BE SURE IT WORKS PROPERLY



## PICTURES